

# Sample National Prevention Week 2017 Proclamation

Substance use and mental health problems affect all communities nationwide. According to the 2015 National Survey on Drug Use and Health, an estimated 27.1 million Americans are current illicit drug users.<sup>1</sup> Nearly 20.3 percent or 7.7 million young people report drinking alcohol in the past month, and one in five Americans ages 12 or older smokes cigarettes.<sup>2</sup> Additionally, in 2015, 12.5 million Americans misused pain relievers, and for more than half of them, the last pain reliever they misused came from a friend or relative.<sup>3</sup>

With commitment and support, these and other behavioral health issues can be prevented. The focus of **National Prevention Week** this May is to prevent substance use and promote mental health. This year's **National Prevention Week** theme, "Making Each Day Count," recognizes the power each person has to influence the health and well-being of others by making prevention choices every day—whether it's by supporting someone who's going through a difficult time, by participating in activities that strengthen the community, or by instilling healthy habits in children from an early age. Taking part in prevention-related activities and conversations help raise awareness of behavioral health issues and changes lives.

That's a message we need to spread far and wide. An estimated 12.3 million people in America are classified with substance dependence or use of illicit drugs or alcohol, and about 44 million adults have a mental illness.<sup>4,5</sup> The impact of substance use and mental illness is apparent in our local community: An estimated [XX THOUSAND/ MILLION] people in [CITY OR STATE] are affected by these conditions. We have the power to change these numbers, and more importantly, change lives.

Through **National Prevention Week**, people become more aware and able to recognize the signs of mental health problems and substance use. Equally important, community members of all walks of life learn what they can do to make each day count by helping to prevent these problems. Whether it's by being a shoulder for someone to lean on, leading someone to get help for a behavioral health issue before it worsens, or setting an example by staying substance-free, we all have a role to play in keeping the people around us—and ourselves—healthy and safe.

We, and others across the United States, need to recognize the seriousness of behavioral health issues in our communities, the power of prevention, and the tireless efforts of those working to make a difference. The small, daily actions done by individuals, combined with the actions of families, communities, and coalitions, come together to make up the larger, bold movement of prevention. For the above reasons, I am asking the citizens of [CITY OR STATE] to join me in observing **National Prevention Week 2017** this May.

I, **[NAME AND TITLE OF ELECTED OFFICIAL]**, do hereby proclaim May 14–20, 2017, as

**NATIONAL PREVENTION WEEK**

in **[CITY OR STATE]** and call upon our community to observe this week with compelling programs and events that support this year’s theme, “Making Each Day Count.”

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Signature

**[INSERT CITY/STATE OR OTHER OFFICIAL SEAL]**

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<sup>1</sup> Center for Behavioral Health Statistics and Quality. (2016). *Key substance use and mental health indicators in the United States: Results from the 2015 National Survey on Drug Use and Health* (HHS Publication No. SMA 16-4984, NSDUH Series H-51). Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2015/NSDUH-FFR1-2015/NSDUH-FFR1-2015.pdf>

<sup>2</sup> Ibid.

<sup>3</sup> Hughes, A., Williams, M. R., Lipari, R. N., Bose, J., Copello, E. A. P., & Kroutil, L. A. (2016, September). Prescription drug use and misuse in the United States: Results from the 2015 National Survey on Drug Use and Health. *NSDUH Data Review*. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR2-2015/NSDUH-FFR2-2015.htm>

<sup>4</sup> Ibid.

<sup>5</sup> Center for Behavioral Health Statistics and Quality. (2016). *2015 National Survey on Drug Use and Health: Detailed tables*. Substance Abuse and Mental Health Services Administration, Rockville, MD. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-DetTabs-2015/NSDUH-DetTabs-2015/NSDUH-DetTabs-2015.pdf>